



GIM & SOC
Georgian International Medical Student Society

GIM SOC

MARCH 8, 2024 | VOL. 2



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CALENDAR



SEPTEMBER

SUN	MON	TUE	WED	THURS	FRI	SAT
3	4	5 Alumni Initiative Launch Meet	6	7	8	9
10	11	12	13	14 Mediconnect	15	16
17	18	19	20	21 Medicineflix	22	23 Introductory Meeting
24	25	26	27	28 Monthly Medical Journal	29	30

OCTOBER

SUN	MON	TUE	WED	THURS	FRI	SAT
						7 Medcon '23
8 Medcon '23	9	10	11	12	13	14
15	16	17	18 GIMSOC X Marrow Webinar	19	20 Awareness On Postpartum Depression	21
22	23	24	25	26 Monthly Medical Journal	27	28 Desmurgy Workshop
29	30	31				

NOVEMBER

SUN	MON	TUE	WED	THURS	FRI	SAT
					3	4
5 GIMSOC X 2-Lari Foundation	6	7	8	9	10 The PCOD Talk	11 Empower: Obs & Gyn Workshop
12	13	14	15	16	17	18 Diabetes Mellitus Type 2
19	20	21	22	23	24	25 Monthly Medical Journal
26	27	28 GIMSOC Alumni Webinar (USMLE)	29 GIMSOC Alumni Webinar (FMGE) OSCE Workshop	30		

DECEMBER

SUN	MON	TUE	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Mental Health Workshop	15	16 Mixer! CV Workshop
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

GIMSOC BULLETIN

MEMBERSHIP REGISTRATION WEEK



After a resounding success with various tasks in the previous semester, a registration week was planned by passionate individuals of GIMSOC to spread out and invite more med-students into this growing community. A course of three events were organized by the team to ensure a warm welcome to anyone inquisitive about the organization!

In this Issue:

- MEDICONNECT
- MEDICINEFLEX
- INTRODUCTORY MEETING



SEPTEMBER



SEPTEMBER

MEDICONNECT: UNITING MEDICAL



14
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The first event of the week, MediConnect: Uniting Medical, was held at the NVU Health Hub. The focus of this event was to get students from various backgrounds to interact and engage with each other to form connections among themselves. Fifty-five students from various universities all around the vicinity of Georgia took the initiative to attend and engage with each other.

SEPTEMBER

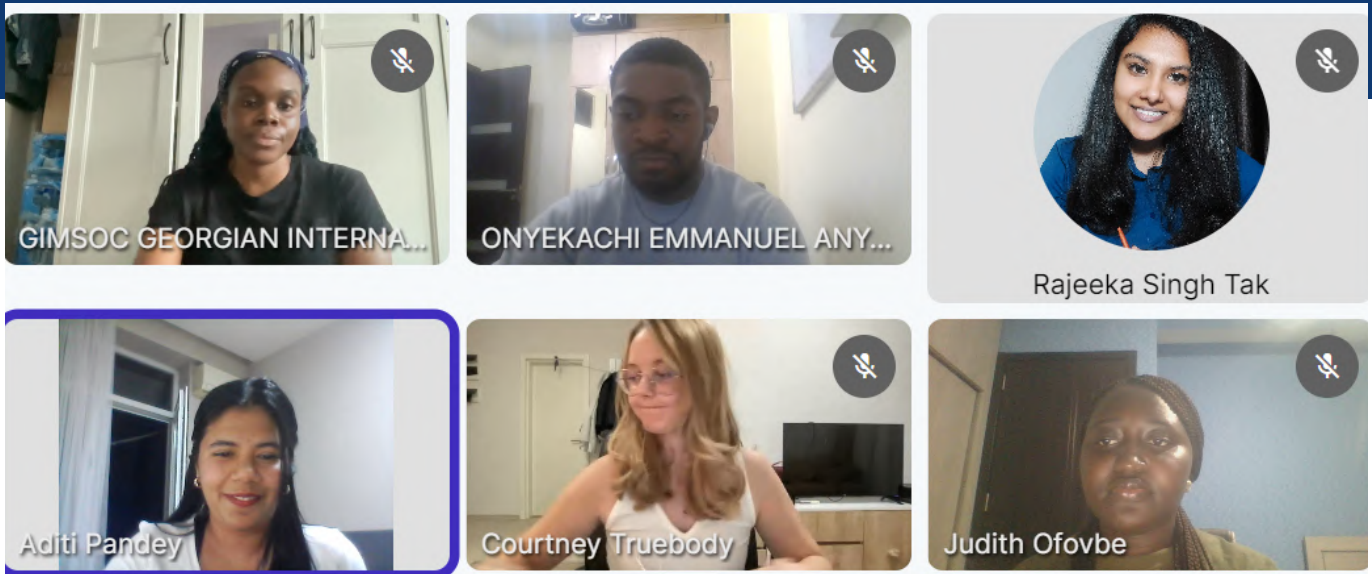
MEDICINEFLIX



Following this exchange, Medicineflix took place at the NVU Health Hub, where attendees gathered together to watch a screening of “Contagion”. With a friendly atmosphere and refreshing moments of joy, the day unfolded to be memorable for many!

SEPTEMBER

INTRODUCTORY MEETING



The last event for the week was the Introductory Meeting on MedAll. This interaction between the executives and the new members of this growing community was fruitful in sending out information about GIMSOC as a whole, which provided attendees with a greater understanding on how the organization flourishes.

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OCTOBER



MEDCON

GIMSOC'S 1ST MULTIDISCIPLINARY CONFERENCE

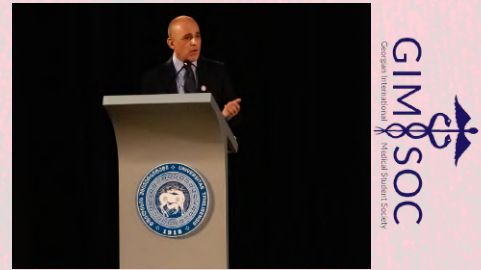
One of the biggest events hosted by GIMSOC, MEDCON, took shape for various months. Members of the developing committee worked countless days and nights to produce a monumental conference, which was attended by an immense crowd of med students. Held at Ivane Javakishvili State University, MEDCON had various styles of content to offer for enthusiastic students.

It was a delight to witness around 11 medical professionals giving out talks on their specialized areas of expertise, students had a chance to listen and take notes on various cases of concern seen in patients. MEDCON held a diversified list of professionals and students, who spoke on matters ranging from AI involvement in Emergency Medicine to emergent infectious diseases.

Apart from the talks, a workshop session was held on both evenings helping students get hands-on experience with basic suturing techniques, gynecological examinations, ALTS, toxicology and also mental health. This brought in an engaging atmosphere for the attendees to experience.

7th & 8th OCTOBER

MEDCON MOMENTS



OCTOBER

AWARENESS ON POSTPARTUM DEPRESSION



The postpartum depression (PPD) awareness event opened the attendees' eyes to how prevalent it is in the society, and its dangerously high prevalence. The starring speaker of the event was Ms. Gracy Fernandez, a respected practitioner in the field of psychology. She shared her deep expertise on postpartum depression, clarifying its complex nature to extend the audience's awareness and understanding of the topic.

Ms. Gracy broadened the audience's thinking regarding the disorder's features, severity, and complexity, and also went over what strategies can help cope or even prevent PPD. Further, she enlightened everyone on what actions can be taken to support and assist someone going through PPD, making it a very valuable opportunity for all attendees to stop and reflect on what they can do to help these new mothers.

Finally, a case study about the topic was also presented by Ms. Gracy which helped the audience to truly think about and gain an understanding of the mood disorder, and the distress and emotional impact that PPD unfolds.

It was a true pleasure to have Ms. Gracy on the webinar to educate medical students on the topic of postpartum depression and the knowledge will surely continue to benefit all attendees in the future of their medical careers.

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OCTOBER

RAPID RESPONSE EMERGENCY DESMURGY AND BLEEDING WORKSHOP



The Rapid Response Emergency Desmurgy and Bleeding Workshop was organized at TSMU's Blue Hall. The event brought in 30 participants to take part in a dynamic session, with the help of the academic team and events team of the University.

The event featured hands-on training in bandage desmurgy, with specific techniques led by pairs of skilled members. Cross-shaped nape wrapping, humeral joint bandages, glove bandages, ankle fracture wrapping, and the Hippocrates cap technique were all of importance while teaching.

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Participants also actively practiced each method and received immediate feedback. Recognition for their performance was also given by the talented workshop committee. This gave the ability for the students attending the workshop to critically analyze places they made errors.

The Emergency Bleeding Lecture covered critical scenarios, adding theoretical knowledge to the practical skills acquired during the workshop.

Feedback from participants was highly positive, emphasizing the workshop's practical relevance to real-world emergencies. Closing remarks expressed gratitude and highlighted the collaborative effort that made the Rapid Response Emergency Desmurgy and Bleeding Workshop a valuable learning experience for a valuable learning experience for all.



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NOVEMBER



NOVEMBER

THE PCOD TALK WITH DR. LALI PKHALADZE



The TSU subcommittee conducted a PCOD talk, an empowering event aimed at breaking the silence surrounding PCOD, a hormonal disorder that affects millions of women worldwide.

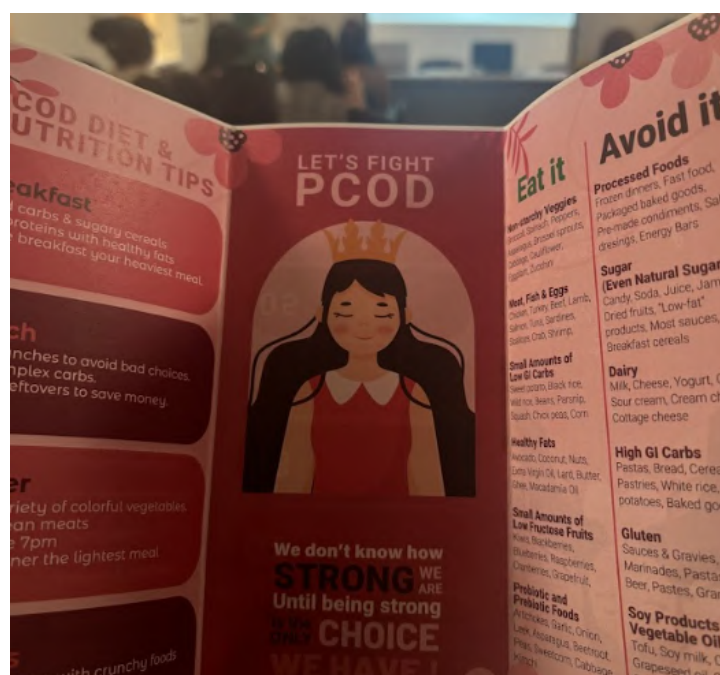
The Talk was conducted at Zhordania and Khomasuridze Institute of Reproductology, near Station Square, with over 40 participants in attendance, with the guest speaker as Dr. Lali Phaladze.

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Dr. Lali Phaladze is a trailblazing doctor with extensive experience since 1993, who serves as the Clinical Director at the Archil Khomasuridze Institute of Reproductology. Additionally, she is an invited lecturer at Ivane Javakhishvili Tbilisi State University. She holds international certificates & serves as an international trainer in Reproductive Health at John Hopkins University, who is also a prolific author, active conference speaker, and a member of prestigious medical associations. Her specialties include Reproductive Medicine, Gynaecological Endocrinology, and Gynaecology.

The talk comprised of insightful discussions on PCOD prophylaxis, and open discussions to breaking the silence and unravelling the stigmatized notion about PCOD.



Various doubts posed by the attendees were cleared leading to a better connect with the community to understand these struggles deeply.

All participants also got the chance to take home NutriVibe, is a free and healthful PCOD friendly regime full of diet and nutrition tips.

NOVEMBER

EMPOWHER: OBSTETRICS AND GYNECOLOGY WORKSHOP

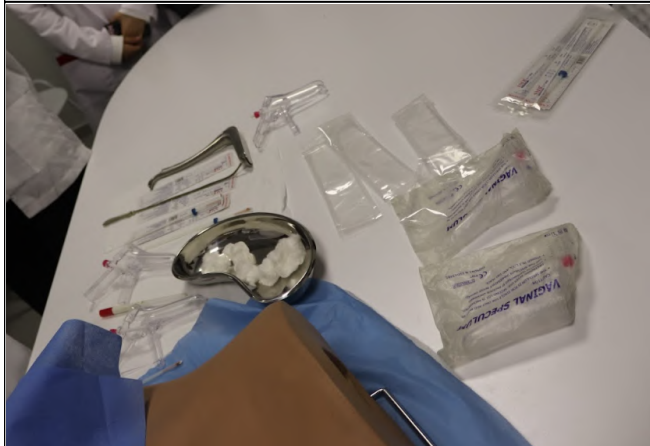
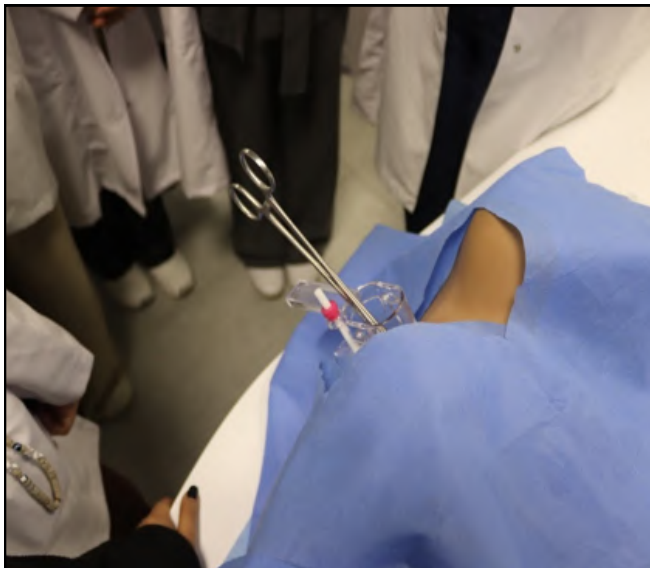


EmpowHER: Obstetrics and Gynaecology, was an interactive workshop that was held under the guidance of Dr. Tamar Grzelishvili, a renowned obstetrician.

The workshop was held at the Clinical Skill Centre, Caucasus International University. The event was a collaboration between Caucasus International University (CIU) and GIMSOC. The focus of the workshop was to give the audience a hands-on experience with IUD insertion and practice speculum examinations.

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The event began with an introductory talk by the doctor, who is highly regarded for her skills and talent in the field of obstetrics and gynecology. A total of 30 enthusiastic participants received hands-on training on how to insert contraceptive devices safely and effectively. Along with the assistance of brilliant GIMSOC volunteers, attendees learned techniques in the field such as Leopold's maneuvers.

The workshop was wrapped up with a short networking session and served with refreshments.

Dr. Tamar received a felicitation gift from the GIMSOC team as sincere thanks for supervising us with this insightful workshop.

Overall, "EmpowHER: Obstetrics and Gynaecology Workshop" with Dr. Tamar Grzelishvili brought a well-structured and engaging event to the students, providing valuable practical experience, shedding light on the importance of contraceptive procedures in the medical field.

NOVEMBER

DIABETES AWARENESS DAY



Ilia State University hosted an enlightening event in observance of Diabetes Awareness Day. The distinguished keynote speaker for the occasion was Dr. Natia Vashakmadze, a prominent figure in the field of endocrinology. As the Founder and President of the Georgian Association of Endocrinology and Metabolism (GAEM) and the Head of the Endocrinology Department at the Israeli-Georgian Medical Research Clinic "Healthycore," Dr. Vashakmadze brought a wealth of knowledge to the audience.

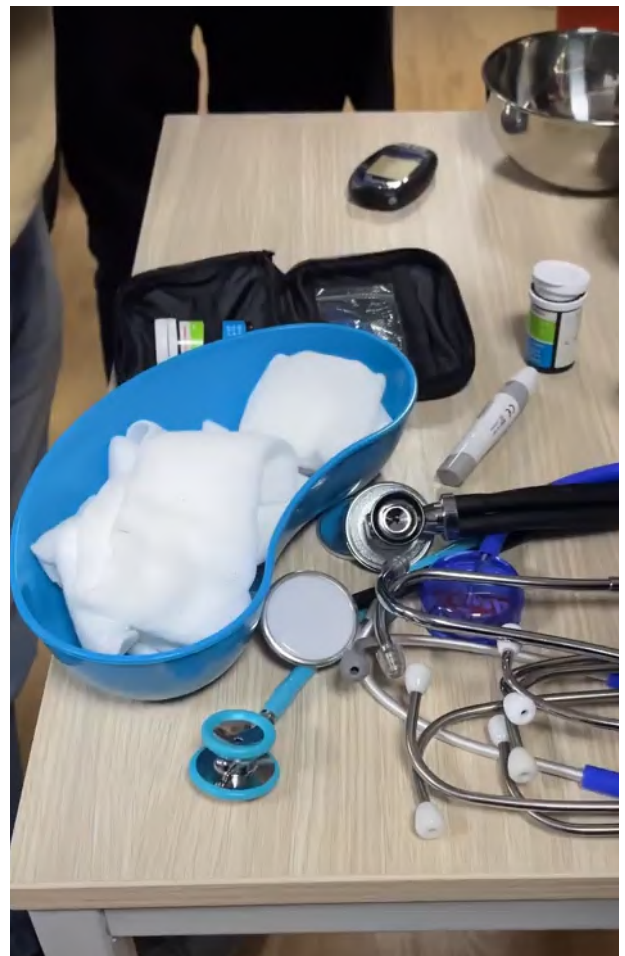
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Her address delved into the intricate landscape of diabetes, offering insights drawn from both her practical experience and ongoing research pursuits. Dr. Vashakmadze's role as an invited lecturer of endocrinology at ISU and her current pursuit of a PhD in Medicine at Ilia State University added academic depth to her presentation.

Complementing the keynote, two workshops provided attendees with valuable practical knowledge. The sessions covered essential topics such as blood sugar measurement, blood pressure monitoring, and an introduction to Advanced Cardiovascular Life Support (ACLS). These workshops aimed to bridge the gap between theoretical understanding and real-world applications in healthcare.

Diabetes Awareness Day at ISU, with its emphasis on professional discourse and practical engagement, proved to be a significant contribution to health education and awareness.



NOVEMBER

SUCCESS STORIES



This online event featured accomplished speakers who had excelled in clearing the USMLE/FMGE exams. Their presentations focused on sharing their journeys, insights, and effective strategies for mastering these challenging exams. The Georgian American University (GAU), in collaboration with the Alumni Executive Committee, organized this event, welcoming registrations from both GIMSOC members and non-members.

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Dr. Aalif Zaheer, a successful USMLE candidate renowned for an impressive CV enriched with diverse clinical experiences, observerships in the US, and clinical research expertise, presented on November 28th. Dr. Zaheer shared personal insights, strategies, and invaluable advice for medical students preparing for the exam. The event drew an audience of 70 students, gathering an overwhelmingly positive response. Attendees found clarification for frequently asked questions, enhancing their exam preparation.

On November 29th, Dr. Fatema Aliasger Rampurwala, a notable FMGE achiever and Director of the Mentor Mentee Program at GIMSOC Alumni initiative, delivered an insightful presentation on FMGE preparations and essential strategies for success. The webinar attracted 20 students and received positive feedback. Attendees gained clarity and direction for their future paths from Dr. Rampurwala's seminar.



GIMSOC
webinar
ALUMNI



NOVEMBER

OSCE WORKSHOP: PEER-ASSISTED LEARNING



The TSU subcommittee organized an OSCE workshop held at the Institute of Morphology-Tbilisi State University. The intricate event was held in two batches with 8 slots per session, the first slot from 5 -6 PM and the second slot from 6-7 PM. The workshop was conducted by top-performing students with significant experience and success in their clinical exams.

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The main objectives of the workshop were to refine clinical skills, boost participants' confidence, and assist students in excelling in their exams, especially those preparing for board exams.

The OSCE workshop was designed to be a highly interactive and practical session and it allowed for a comprehensive and in-depth exploration of different clinical scenarios and cases.

During the workshop, multiple stations were set up, each representing different clinical scenarios. Students were required to interact with standardized patients or simulate patient encounters based on various medical conditions. This hands-on approach provided participants with the opportunity to practice their clinical skills in a controlled and supportive environment.



As a result of participating in the OSCE workshop, students improved their communication skills, which are essential for effective patient interactions.

Additionally, they gained valuable insights into exam strategies, allowing them to approach future examinations with more confidence and preparedness.

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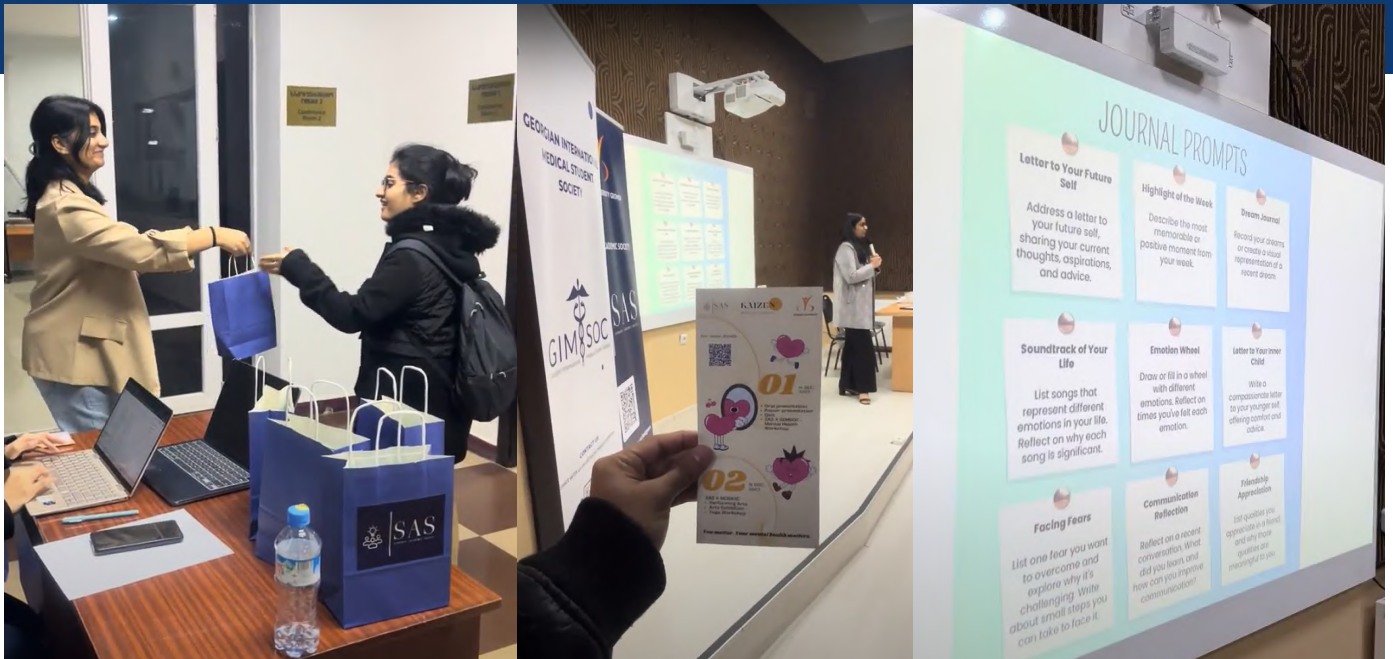


DECEMBER



DECEMBER

KAIZEN: MENTAL HEALTH WORKSHOP



The Kaizen: Mental Health Workshop marked a significant collaboration with SAS, setting the tone for the inaugural event hosted by Teaching University Geomedi.

The workshop, which took place at Teaching University Geomedi, started with an insightful presentation that covered a variety of tactics to foster mental well-being. It also included a small goodie bag and a well-structured agenda!



A variety of practices were presented to the 25 attendees from various universities like SEU, TSMU, EEU, DTMU, UG, TSU, and NVU in the auditorium, including the therapeutic advantages of journaling and meditation, as well as the energizing effects of exercise, cold showers, hugs, and other coping mechanisms.



Following this comprehensive introduction, the workshop seamlessly transitioned into four interactive and thought-provoking segments designed to engage and empower participants - the art of journaling, the field of therapy using a perceptive comparison, the idea of forgiveness (namely self-forgiveness), and a heartfelt and enriching gratitude circle.

As the event drew to a close, participants were invited to leave their feedback and emotions on colorful sticky notes, a symbolic gesture marking the conclusion of this immersive and transformative experience. The workshop succeeded not only in imparting practical tools for mental health but also in fostering a nurturing environment that encouraged self-reflection, growth, and communal support.

DECEMBER

CV WORKSHOP



The CV Workshop was held at TSMU's USMD Building. It gathered around 20 offline and 70 online participants to bring in a great workshop aimed at refining CV-building skills and fostering mentorship in the medical field.

Dr. Kartik, an Intern Doctor at Prime Hospital, Dubai and Vice-President of the Alumni Executive Committee at GIMSOC, addressed the crowd for the day. Dr. Kartik's insights underscored the practical relevance of CV building in the medical profession.

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The hands-on CV-building session allowed participants to personalize their CVs using a standard template. The importance of the alumni committee and mentorship in career advancement was also highlighted during the course of this session. An engaging Q&A time also provided participants with the opportunity to delve deeper into CV development.

The program included the esteemed presence of Dr. Umashankar Lakshamandoss, a seasoned Cardiac Electrophysiologist, and the Program Director, who offered critical perspectives on CV reviews.

Facilitation of audience questions, and fostering direct interaction with the experts were highly encouraged during the session. Overall, this workshop was not just educational but transformative for aspiring medical professionals to look at CV building as a vital tool for their future endeavours.



DECEMBER

GIMSOC MIXER



The GIMSOC mixer was an exciting, end-of-the-semester networking event, hosted by the Ken Walker International University GIMSOC team to encourage forming connections and collaboration among the hard-working GIMSOC executives.

The event took place at New Vision University, with over 55 attendees, and included activities related to art therapy to allow participants to destress and have a chance to learn more about themselves and their personalities through art.

There were also games such as art charades and a human scavenger hunt that all executives took part in, and based on their feedback, all members had a very enjoyable and memorable experience! The mixer entailed opportunities for bonding, sharing art, and playing games with lots of friendly competition!

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MONTHLY MEDICAL JOURNAL - OVERVIEW



Throughout the semester, a monthly gathering on MedAll was accomplished to put forth various topics of research into the limelight. Discussions about recent advancements in topics, such as oncology, provided peers and colleagues with up-to-date information on developments in the treatment and prognosis of patients in medicine.

Developing a constructive setting to bring forth passionate individuals about their topics of choice has always been of utmost importance for GIMSOC, and this semester's sessions did not disappoint. The committee has been given insight by the attendees that the knowledge shared has been acquired by the students, who have attended the seminars, was relevant and helpful.

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MEET THE GIMSOC EXECUTIVES

MARCH 2023 - FEBRUARY 2024 TENURE



- Onyekachi Emmanuel Anyagwa - **Co-founder**
- Dr. Rajeeeka Singh Tak - **Co-founder**
- Oluwatoyin Adalia Dairo - **Secretary General**
- Mostafa Mahdy Mahmoud Yassin - **Conference Director**
- Aditi Pandey - **Events Director**
- Ciara Francesca Maxwell - Whiteley - **Workshop Director**
- Judith Kosede Ofovbe - **Publicity/Public Relations Director**
- Swapnil Ahuja - **Social Media Head (FIRST)**
- Kaynat Khan - **Social Media Head (SECOND)**
- Muskan Sharma - **Assistant to Social Media Head**
- Mohammed Salman - **Post-Production Head**
- Afnan Ahmed Azad - **Assistant Post-Production Head**
- Maha Prathiksha Arul Essakkiraj - **Public Relations Officer**
- Maha Kassem - **Research Director**
- Tinatin Chkhartishvili - **Fundraising Director**
- Jadeen Govender - **Financial Director**

MEET THE GIMSOC EXECUTIVES

MARCH 2023 - FEBRUARY 2024 TENURE



Student Society Council

- Courtney Storm Truebody
- Faraaz Khurshid
- Mohammad Azim
- Arun Venkiteswaran
- Riya Gulati
- Shruthi Chittoor Vaidyanathan
- Nithya Vinod Meempat
- Zainab Hufeza

FINANCIAL BUDGET

GIMSOC Expenditure Semester Summary

<u>DATE</u>	<u>DETAILS</u>	<u>AMOUNT</u>
7/8-Oct-23	Medcon	11 567,68 ₾
05-Nov-23	2 Lari x GIMSOC	2 300,00 ₾
11-Nov-23	CIU x GIMSOC	290,00 ₾
14-Nov-23	Diabetes Event	146,00 ₾
14-Dec-23	GIMSOC Mixer	107,53 ₾
Total		14 411,21 ₾

THANK YOU

Dear members and supporters,

GIMSOC stands humbled and grateful as we look back on a semester brimming with enriching events and workshops. None of this would have been possible without the enthusiastic participation of our dedicated members, the generous support of our sponsors, and the valuable time contributed by esteemed doctors.

To all the participants, thank you for your active engagement and unwavering enthusiasm.

To our sponsors, your belief in our vision has been instrumental in bringing our ideas to life. Your support has empowered us to create impactful experiences for our fellow students.

And to the esteemed doctors who graciously shared their expertise, wisdom, and time with us, your guidance has been invaluable. Your presence has enriched our events and inspired us in our pursuit of knowledge and excellence.

As we move forward, we promise to carry your support and encouragement in our hearts and strive to make every future endeavour even more rewarding and impactful.

Thank you all for being a part of Gimsoc's incredible journey!

EDITORS-IN-CHIEF

Judith Ofovbe - Publicity/Public Relations Director
Maha Prathiksha - Public Relations Officer

EDITORS

Vaishali Raja - Public Relations/Publicity Subcommittee
Hajira Rafi - Ken Walker Public Relations/Publicity Subcommittee
Sandra Ann - TSMU Public Relations/Publicity Subcommittee
Nazneen Naveed - TSMU Public Relations/Publicity Subcommittee
Sayed Mohammed Mirlohi - ISU Public Relations/Publicity Subcommittee
Ganesh Chandrashekar - GAU Public Relations/Publicity Subcommittee
Aayushi Parikh - Geomedi Public Relations/Publicity Subcommittee

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Aayushi Parikh - Geomedi Public Relations/Publicity Subcommittee
Isha - Social Media/Graphics Subcommittee



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